The Taste Of Northern India

A Culinary Journey Through Recipes and Landscapes

Shira Barak

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The Taste of Northern India – Where Spirit and Flavors Combine

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About the author:

About the book:

Imagine snow-capped mountains and green forests, a golden temple reflected in the lake, and a monk murmuring words of prayer. On every corner you can find a temple, or prayer flags carried by the wind, and the air filled with an atmosphere of spirituality and prayer. Alongside these, on the street, you can find markets filled with smells, tastes, and colors, sweetened dough fried in a pan placed on a carriage... The smell of masala and chai are carried everywhere and it is provided to vendors and buyers in shops. Women sell spices, fruits and vegetables at a street corner and *Dhaba* (a roadside restaurant in India) filled with a variety of delicious dishes full of flavors.

You can find spicy rice (biryani), mixed vegetable curry, kofta, palakpaneer, alu dam and more.

I found all those in northern India; the place where spirituality and flavors combine. *It is a perfect combination between food for the soul and food for the body.*

I first arrived in North India in the summer of 2004 and fell in love for the first time with the culture, the religious pluralism, landscapes, and of course the rich variety of smells sights and tastes… Oh, the tastes. Since then, I have returned to North India again and again. I spent a month riding on horses in the Himalayan province of *Ladakh*, the northern state of India; I had a visit to the Golden Temple in *Amritsar*, spent a few months in *Dharamshala*, where the Dalai Lama's and Tibetan exiles made their homes, and spent the winter at the hot springs and the enchanting forests of *Kullu Valley*. During that time, I opened up to a new variety of flavors, spices, and ingredients. Wherever I went, I picked up more experiences, friends, and of course, recipes. I worked at a local restaurant and made some good friends who happily opened their kitchen and their hearts and taught me the secrets of northern India's kitchen.

Some say that cooking is a spiritual act. It involves not only the mind or hands, but also the heart. In India, I realized that this is definitely true.

Thought and patience are invested in every stew or baked dish; even among poor residents, you can find rich flavored dishes, spices, and scents.

I want to take you on a culinary journey through recipes and landscapes. The trip through the photos and recipes will give you a deeper glance of the landscapes and people of northern India.

The 50 best recipes of the region, gathered especially for you.

This is not a regular Indian cookbook; in this book, I have gathered 50 authentic North Indian recipes. Most eastern cookbooks are either inaccessible to the common western reader, or they become "Americanized" in a way that the ingredients are replaced with western ingredients, making the recipes very different from their source.

I choose to keep the recipes *authentic,* as I got them from the local people of North India. Along with that, I attached an *Indian-Western Ingredients Dictionary,* explaining about each ingredient and suggesting a reasonable, natural substitute in case one of the ingredients is missing.

In doing so, I have created this cookbook to be great for all levels of Foodies.

I hoped you enjoy the book! If you do, please rate it on Amazon and give positive feedback!

Wishing you a delicious and spiritual journey,

Shira Barak

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Women using their sari to fish

Before you start:

Before you start using this book, here are some important tips:

1. Spices are very important ingredients in the Indian kitchen. Please make sure you buy high-quality typical Indian spices, such as:

- Curry
- Garam masala
- Turmeric powder or seeds
- Coriander powder or seeds
- Chili powder
- Mustard seeds
- Cumin seeds

The good thing about spices is that you can buy them in advance and just store them in your refrigerator for keeping them fresh.

If some recipes contain an ingredient that you cannot find in a nearby store, do not give up. Try to replace it with a different ingredient. (See Indian-Western Ingredients Dictionary below) If a recipe contains a big variety of spices and you are missing a specific one, just continue without it.

2. Some of the recipes require roasting the spice's seeds lightly in a pan before crushing them, in order to maximize flavor extraction from the seeds. This part is very important, so do not skip it, since it makes the spices even stronger.

3. Indian dishes are made with love and a desire for flavors and scents. It is very different then the western kitchen.

Be patient; get to know a new variety of spices and ingredients. Love the process, not only the outcome, and open yourself up to making mistakes, for at the end you learn how to cook amazing and delicious North Indian dishes.

Good luck!

Indian-Western Ingredients Dictionary:

Tamarind

Tamarind is a leguminous tree, originating in Africa and spread from there to India. The fruit is edible and used as a spice in Asian kitchens and kitchens of Latin America. It has a sour taste.

Replacements: Lime juice, or white wine mixed with brown sugar.

Cumin seeds

Cumin seeds are common in Middle Eastern, Indian, Mediterranean, and Mexican kitchens, too. The cumin seeds are highly popular for their culinary benefits and their aromatic flavor.

Replacements: Cumin powder. Use half of the amount in the recipe.

1 Tbsp. cumin seeds = 1/2 Tbsp. cumin powder.

Garam masala

Garam masala is a mixture of dry spices. In different parts of India, you will find different mixtures. Most of them will contain turmeric, cardamom seeds, coriander seeds, cinnamon, cloves, cumin seeds, black peppercorns, nutmeg and bay leaves.

Replacements: It is highly recommended to prepare garam masala and store it, but if you do not have it, you can use curry powder, which is also a mixture of spices, as a replacement.

Red chili powder

Chili powder is a mixture of chili peppers with other spices like cumin, garlic powder, oregano, and salt.

Replacements: You can try to replace it with a mixture of garlic powder, cumin, cayenne pepper, and paprika. Alternatively, you can just use paprika —just take under consideration that it will be less spicy.

Cilantro (Coriander) seeds

The seeds of the coriander plant give dishes a sweet taste which is quite different than the plant's fresh leaves.

Replacements: cumin seeds or coriander powder.

1 Tbsp. coriander seeds = 1/2 Tbsp. coriander powder.

Amchur powder/ mango powder

Amchur powder, otherwise called mango powder, is often used in the Indian kitchen, and it has a sour fruity flavor.

Replacements: You can use lime, lemon juice, or tamarind juice for a similar taste.

Mustard seeds

Mustard seeds are the round seeds of the mustard plant. When they are ground into a powder, they are used as mustard spread. The seeds are very common in the Indian kitchen, and they taste just like mustard in its paste form.

Replacements: If you do not have mustard seeds, just leave the mustard out.

Curry leaves

The curry tree is a tropical tree.

Its leaves are used in many dishes in India and other countries in the area. Do not confuse it with curry powder, as it has a different flavor.

Replacements: Basil leaves or bay leaves.

Ghee

Ghee is a very popular ingredient in Indian cuisine. Ghee is clarified butter, and in order to prepare ghee, you need to melt butter, remove the foam that forms above the liquid, and cool it. When melting butter, it separates out the clear and opaque materials. The clear material is ghee.

Replacements: Butter or olive oil.

Fennel seeds

These seeds have a delicate taste of anise, common in Indian and Chinese cuisine. The seeds are known by the ability to treat various digestive problems.

Replacements: If you do not have it or do not like the anise taste, just leave it out. There is no good substitute.

Tandoori masala

It is a mixture of spices, usually used with a tandoori clay oven in traditional North India and Pakistan. It usually includes garlic powder, ginger, cloves, nutmeg, mace, cumin, coriander, fenugreek, cinnamon, black pepper and cardamom.

Replacements: If you do not have it, you can try to make that mix yourself, or just use garam masala instead for different but similar taste.

Mace powder/nutmeg

The nutmeg tree is a tropical tree, and it produces two important spices: nutmeg and mace. Nutmeg is the seed of the tree, and mace is the dried covering of the seed. The flavor of mace is similar to the taste of nutmeg but with a hint of pepper.

Replacements: Since mace and nutmeg are similar, you can use either one of them.

If you do not have mace, you can try using cinnamon or ginger instead for a different taste, or just leave it out.

Saffron

Saffron is a spice derived from the flower *Crocus sativus*, otherwise known as the saffron crocus or "scar saffron." The origin of saffron is North India, and it spread from there to other countries. The saffron spice is sold in powder, or in its original form, orange-brown wires. Original saffron is very expensive due to the difficulty required in its production.

Replacements: There is no good substitute for saffron. If you do not have it just leave it out.

Paneer

Fresh cottage cheese that is very common in South Asian cuisine.

Replacements: You can try making a *homemade paneer* (see recipe #10 Spinach & Cashew Paneer) or you can use feta cheese, haloumi cheese, or tofu if you are vegan.

Horses at the Himalaya- zanskar, ladakh

History

Take time to widen your knowledge and learn about North India, also known locally as Uttar Bhārat. This is the name in Punjab, which translates to "The Land of Five Rivers." This refers to the Jhelum, Ravi, Chenab, Beas, and Sutlej rivers. All of these rivers are tributaries of the Indus River. North India is a relatively well-defined region consisting of the northern part of India. As to territory and borders, the larger region of North India includes the north and some parts of the Eastern India and the Indus Valley of Pakistan as well. The dominant geographical features of North India are the Himalayas and the Indo-Gangetic Plain. The Himalayas demarcate the region from Central Asia and Tibet.

It was learned that the first people to settle in India during the Paleolithic period were in the *Australoid* group, who may have been closely related to native Australians. These people are named the *Aryans*. They invaded and followed the Harappan people or perhaps even swept them away. As they settled to the agricultural way of life in North India, new religious ideas and practices began to take shape. Because of this, the indigenous tribes exiled and retreated to the remoteness of the forests and hills. The Madhya Pradesh still has a significant number of tribal populations, of which the Gonds has the highest number. Madhya Pradesh is a state in central India. Kausambi, a district of Uttar Pradesh, dates from the 8th century, when the Aryans had started farming. During this time, the early Vedas (a large body of texts constituting the oldest scriptures of Hinduism and the oldest evidences of Sanskrit literature) were already written down. In addition, the upper plains of the Ganges had become the center of the foundation of modern Hindu civilization.

Prior to Alexander’s invasion in 326 BC, small communities with Greek origin also settled in the Punjab and Northwest Frontier. During this time, most of the cities of North India were already long established. Between the 4th and 6th centuries was the Gupta period, which was considered the golden age of Hindu culture in North India. The Guptas formed an empire that stretched across northern India. The region was described by a Chinese traveler and Buddhist pilgrim, Fahien, as peaceful and prosperous.

Nevertheless, Hun invasions from the northwest contributed to the downfall of the Gupta Empire which finally ended in 535 AD. Eight decades later, a new king named, Harsha, inherited a kingdom at Thanesar on the Upper Yamuna. By this time, Buddhism had already declined. After the death of Harsha, the region lapsed in to a political anarchy state.

The temples of North India, with its enormous wealth in money, golden images, and jewelry, became a target for invaders. One of whom was Mahmud of Ghazni, a local ruler from Afghanistan. He sacked the prosperous centers of Mathura, Thanesar, Somnath, and Kanauj. These temples are the remains of North India, which used to be the historical center of the Maurya, Mughal, Gupta, Maratha, Sur, and Sikh and British Indian Empires. It has a diverse culture that includes the Buddhist pilgrimage centers of Bodh Gaya, Hindu pilgrimage centers of Haridwar, Devi and Pushkar, Varanasi, Mathura, Vaishno, the Sikh Golden Temple and the Muslim pilgrimage destination of Ajmer, to name some. It is also the center of world heritage sites such as the Nanda Devi Biosphere Reserve, Bhimbetka Caves, Hill Forts of Rajasthan, Khajuraho temples, Jaipur, Sanchi monuments, Red Fort, Fatehpur Sikri and of course, the Taj Mahal. North India uses Hindi language as its *lingua franca*.

Many cities and districts in North India convey a picture through their rich historical events and religious background. These places also display nature’s beauty, like Dharamshala, the center of the Tibetan exile. After the 1959 Tibetan uprising, there was an entry of Tibetan refugees who tailed the 14th Dalai Lama, whose presence among the Tibetan population has made Dharamshala a widely held destination for tourists, Indians, and foreigners alike. Long ago, until the British Raj, Dharamshala, and the areas surrounding it, were ruled by the Katoch Dynasty of Kangra. This dynasty is known to be the oldest serving Royal Family worldwide. Descendants of the Royal Family still reside in Dharamshala, or also referred to as "Clouds End Villa." Triund Hill is one of its main attractions here. Manali, on the other hand, is named after Manu, the Hindu lawgiver. This name literally means the abode of Manu.

A legend says that Manu stepped off his ark in Manali and recreated human life after an immense flood covered the Earth. In addition, it is often referred to as the Valley of the Gods. There is an ancient temple in the Old

Manali village that is dedicated to Manu. Today, Manali is one of India’s top skiing destinations.

Ladakh should also be considered. Rock carvings found in many of its parts show that the area has been inhabited since the Neolithic times. Ladakh acquired a predominantly Tibetan population. A dynasty here led the second spreading of Buddhism. Since 1974, the Government of India has effectively encouraged tourism in Ladakh.

There is also a place named Amritsar, historically also known as Rāmdāspur, which is the spiritual center for the Sikh religion. It is the administrative headquarters of the Amritsar district in the state of Punjab. It is where Harmandir Sahib, known as the "Golden Temple" in the West, is located. This is the spiritual and cultural center for the Sikh. This chief Sikh sanctuary interests more visitors than the Taj Mahal with over a hundred thousand visitors on weekdays alone.

map of North India

Religion

Long before, the people of India did not dwell in cities. They survived in forests and were good at using what the lush life of the forests could offer. Their earliest form of belief was focused on such: Yakshas, trees, snake spirits, Nagas, Nagins. As they were influenced by invaders and traders, their way of life began to change. They have adopted certain other religions up to the present day. Throughout history, religion has contributed an important part to the country's culture. Religious tolerance and diversity are established in the country by both custom and the law. The majority of Indians, over 93 percent, associate themselves with a religion.

A Hindu monk, also called SADHU

Hinduism is the dominant religion in India. At least 80% of the total population is Hind. Hinduism is termed as the "oldest religion" in the world. It comprises Shaktism, Vaishnavism, and Shaivism, and is comprised of a wide spectrum of laws and instructions of morality based on karma, societal norms, and dharma. Hinduism is a categorization of distinct intellectual points of view instead of a firm, common set of beliefs. This is a fusion of Dravidian and Aryan culture, which consisted many various traditions. It has diverse origins with no single founder. Among its origins are not just the historical Vedic religions of India's Iron Age, but also the religions of the Indus Valley, some popular local traditions, and the Shramana or renouncer traditions of northeast India. The other religions observed in North India are Christianity, Sikhism, Islam, Buddhism, and Jainism. According to the census in 2001, 13.4% of the population practices Islam, 2.3% are Christian, 1.9% practice Sikhism, 0.8% are Buddhist, and 0.4% associate with Jainism. There are also several minor tribal traditions, although these have been affected by major religions such as Christianity, Hinduism, and Buddhism quite a lot.

Sikhism was founded by Guru Nanak. He rejected the caste system and treated each person equally. The Harmander Sahib in Amritsar is their holiest city.

The golden temple of Amritsar

Christianity, which is from the Ancient Greek translation, *Christos*, of the Hebrew word *Mašíaḥ*, meaning the anointed one." It is a monotheistic religion based on the life and teachings of Jesus Christ as presented in the New Testament of the Bible. All of the Christians believe that Jesus is the Son of God, the savior of humanity, and that he is both fully divine and fully human. Christians refer to Jesus as Messiah.

Islam is the religion of the Muslims. They are the largest minority in India, and the majority of them can be found in the Kashmir Valley. They are equally spread in Bihar and Uttar Pradesh. Sunnis are the largest group of Muslims. They follow the Caliph, Muhammad's direct successor. While on the other hand, some of the Muslims are called Shiaites, the descendants of Ali, Prophet Mohammad's son-in-law. Both these sects visit Mecca, Mohammed's birthplace.

Buddhism is a religion which started on the Indian subcontinent that involves a variety of traditions, practices, and beliefs which are largely based on teachings attributed to Siddhartha Gautama, known as the Buddha, which means "the awakened one."

Buddhist prayer wheels-Dharamsala

Cuisine

Perhaps the first thing you will think of when imagining India is its diversity. There are many languages used in every state. With 28 states and 8 union territories, it has unique traditions, and most importantly, traditions in terms of its food. In fact, food from one region may actually be totally foreign to those living in other regions.

Religion and climate are two factors that have significantly influenced the development of cooking styles and food habits in India. North Indian cuisine is ancient, steeped in tradition, diverse, and an amalgamation of different ethnic influences. Gourmet fare of North India is typically associated with the food cooked in the courts of its royalty, principally those of Mughal emperors in Delhi and Lucknow. It is distinguished by the proportionately high use of dairy products such as ghee, milk, paneer, and yogurt. The common string that distinguishes and runs through most of it is the use of various spices that create flavor and aroma.

As previously stated, religion has a great contribution to India's culture and tradition. It has deeply affected the North Indian's eating traditions. Hinduism, *per se,* advises respect for all life forms and has subsidized the dominance of vegetarianism. One effect of this on cuisine is the use of lentils and beans as the main sources of protein instead of fish and meat. Even though cows are sacred to the Hindus, milk is considered favorable, including milk products such as cottage cheese or paneer, curd, and milk solids. Spices are liberally used to provide variation in the vegetarian diet, but certain sects of Hinduism forbid the use of garlic and onions in food, and due to that, substitute flavorings such as ginger, cumin seeds, and cashew paste have been merged into the cuisine. Later, with Muslim rule being established, the cuisine began to reflect Islamic influences. The chief alteration from traditional Hindu cuisine was the use of fish and meat. Meanwhile, unlike Hindus, who are vegan, and Muslims, who are prohibited from eating pork, most Christians do not have restrictions on the kind of meat that they eat. The Mughal influence resulted in meat-eating habits among many North Indians. Lamb and goat meat are found as ingredients of many recipes. Fish and meat are cut into small pieces to

make flavored curries, which was a common use for large families when meat and fish were not affordable.

Climate varies across the country, and as a result, each region is characterized by distinct food habits based on what is locally available. These differences have been erased somewhat by modern transportation, which increases their availability, although much of Indian food—especially vegetables—are grown and eaten locally.

One significant difference in cuisine related to climate is the type of staple cereal they consume. Wheat dominates the North Indian diet. Also, a variety of flours are used to make different types of breads like chapathis, phulkas, rotis, and naan. Other breads like bhatoora and puri, which are deep-fried in oil, are also common.

The country's four distinct seasons bring changes in seasonal vegetables, too. Therefore, there is more of a variety of vegetarian dishes. Vegetarian preparations often feature whole vegetables cut large, like whole brinjals, to take advantage of the natural flavors of these foods. Their gravies are usually dairy-based. Other common ingredients include saffron, chilies, and nuts.

A typical North-Indian meal consists of chapatis or rotis, which is unleavened bread that is baked on a griddle; parathas, which is unleavened bread fried on a griddle; rice; and a range of side dishes like fried vegetables, dals, curries, chutney, pickles, and curd. The varieties used and the method of preparation can vary from one region to the other. Popular snacks include side dishes and drinks including buknu, mirchibada, bhujiya, kachori, chaat and imarti, as well as several types of pickles known as achar, murabba, aampanna, sharbat, and aampapad. Popular sweets are known as mithai, meaning sweetmeat. They have a very similar taste as they are rice-based or derived from a milk pudding and are usually soaked in syrup. Some of these are peda, gulabjamun, petha, jalebi, rewari, falooda, khaja and rasmalai, and several varieties of barfi, laddhu and halwa. Shahitukra or bread pudding; kheer, a form of rice pudding; and kulfi, a nutty ice cream are also common desserts.

North Indian cooking features the use of the "tawa" (griddle) for baking flat breads like roti and paratha, and a "tandoor" (a large and cylindrical

charcoal-fired oven) for baking breads such as kulcha and naan. Their main courses like tandoori chicken also cook in the tandoor. The samosa is a popular North Indian snack, which is also found in other parts of India, North America, Britain, Middle East, and Central Asia. The most common variety is stuffed with boiled, fried, or mashed potato. Some other fillings include minced meat, cheese (paneer), mushroom (khumbi), and chick peas. Nimbu Pani, a lemon drink, and Lassi, or iced buttermilk, are two other popular drinks of the North. Hot and sweet cardamom milk is very common before going to bed.

The North Indian cuisine can be further divided into categories according to tastes and states. These categories are Kashmiri, Rajasthani, Punjabi, Garhwal, Uttar Pradesh, Awadh, Pahari, and Lucknow.

50 Best Recipes from North India

Vegetables:

Curried Chickpeas (Cholay Masala)

Serves: 3-4
Total Preparation Time: 6 hours and 15 minutes
Ingredients:

- 3 cups garbanzo beans/chickpeas
- 1 medium onion, finely chopped
- 1 Tbsp fresh garlic, minced
- 1 Tbsp fresh ginger, minced
- 2 large tomatoes, pureed
- 1 Tbsp cumin seeds
- 2 Tbsp garam masala
- 2 Tbsp red chili powder
- 2 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp amchur powder
- A pinch of turmeric powder
- Salt to taste
- 5 Tbsp ghee or coconut oil
- Cilantro for garnish (optional), chopped

Method:

1. Soak the garbanzo beans for 6 hours, or preferably overnight. Strain before cooking, reserving the water for later.

2. Cook the garbanzo beans in a pressure cooker until tender, about 9-14 minutes. Do not overcook them or they will turn out mushy.

3. In a large skillet, heat oil over medium heat and sauté the onions, then add the cumin seeds, cloves and cinnamon. Stir often until the onions turn translucent.

4. Add ginger and garlic and sauté for a minute or two until fragrant and golden.

5. In a medium sized bowl, mix together the tomato puree, chili powder, cumin powder, turmeric powder, coriander powder, amchur powder, and salt to form a thick paste and stir this into the skillet along with the onions and spices.

6. Now add the garbanzo beans along with their reserved water and let them simmer for about five minutes. Add extra water if needed.

7. Serve with chapatti and garnish with fresh cilantro.

Cholay Masala (Curried Chickpeas)

Aloo Gobhi (potato & cauliflower dish)

Serves: 3-4
Total Preparation Time: 45 minutes
Ingredients:

- 3 cups chopped cauliflower
- 2 peeled and diced potatoes
- 2 Tbsp fresh ginger, minced
- 2 chopped raw green chilies
- 1/2 tsp turmeric powder
- 1-1/2 Tbsp red chili powder
- 1 Tbsp coriander powder
- Salt to taste
- 1 tsp brown sugar
- 1 Tbsp lemon juice
- Fresh cilantro, chopped, for garnish
- 3-1/2 Tbsp coconut oil or ghee

Ingredients for tempering or tadka (frying spices to create a spice flavored oil):

- 1 tsp mustard seeds
- 1/2 tsp cumin seeds
- A couple of fresh curry leaves

Method:

1. Heat oil in a pan and add in the mustard seeds. Wait until they start to fry. Then mix cumin seeds and curry leaves, sauté a few seconds and mix again.
2. Add ginger paste, green chilies, turmeric powder, potatoes, and mix. Place a lid on the pan and simmer on medium-low for 15 minutes.
3. Make sure to stir occasionally during this time, to avoid burning.
4. Add chopped cauliflower, mix again, and cover.
5. Simmer another 15 minutes, stirring occasionally.
6. When almost cooked, turn down the heat to low and add the rest of the seasonings, stirring and cooking for a few more minutes to blend all the flavors and ingredients.

7. Be careful not to break apart the cauliflower while mixing or overcooking it so it turns mushy.
8. Turn the heat off.

Squeeze a little lemon juice on top, garnish with the fresh coriander leaves and serve with basmati rice (See “Mixed Veggie Dish with Rice” recipe on page 37 for instructions on preparing the basmati rice) or chapatti.

Curry Sauté with Peas & Cauliflower

Serves: 3
Total Prep Time: 25 minutes
Ingredients:

- 1 whole cauliflower, cut into florets
- 3/4 cup peas
- 1 large onion, sliced
- 2 green chilies, julienned
- 3 finely chopped tomatoes
- 2 tsp fresh ginger, minced
- 2 tsp fresh garlic, minced
- 1-1/2 tsp cumin seeds
- 1 tsp coriander powder
- 1/4 tsp turmeric powder
- 1 Tbsp. chili powder
- 1 Tbsp garam masala
- 1 cup natural yogurt
- Salt to taste

- 4 Tbsp oil
- 2 curry leaves
- Fresh Cilantro chopped, for garnishing

Method:

1. Soak the cauliflower florets in warm water with salt for about five minutes.
2. In a skillet, pour in the oil and heat to medium high, add the seeds, and curry leaves and sauté a minute to release the flavors into the oil.
3. Add the onions, chili's, and stir-fry until golden brown.
4. Next, mix in the ginger and garlic and cook for about another two minutes and then add tomatoes.
5. Reduce heat to medium and cook for another five minutes.
6. Add the rest of the seasonings along with the peas with cauliflower and let simmer on low heat for five minutes more.
7. Turn off the heat, toss in the yogurt, and serve warm.

Spicy Stir-Fried Bananas

Serves: 5
Total Preparation Time: 1 hour and 5 minutes
Ingredients:

- 1 cup yellow pumpkin
- 3 raw bananas
- 1 big sweet potato
- 1 big potato
- 3 small eggplants
- 2 Tbsp grated coconut
- 1 cup tamarind pulp
- 1/4 tsp. turmeric powder
- 1 Tbsp brown sugar
- 1 Tbsp salt

To prepare the masala paste, grind together the following ingredients:

- 1 cup grated coconut
- 2 tsp sesame seeds (toasted)
- 1 tsp rice flour
- 4 tsp daal urad (black lentil)
- 8 red chilies, chopped
- 4 Tbsp ghee or coconut oil
- Grind all together until it forms a coarse paste, add water if needed, set aside.

Seasoning:

- 2 curry leaves
- 4 Tbsp oil
- 1 tsp mustard seeds

Method:

1. Cut all the vegetables into chunks and mix with salt, sugar, turmeric powder and tamarind pulp. Set aside.
2. Grate coconut and fry with half a teaspoon of oil until dark brown, set aside.
3. In a wok, heat the oil and stir-fry the rice, daal urad, and red chili powder.
4. Toss in the vegetable mixture.

5. Add the toasted sesame seeds and stir.
6. Add the prepared paste, seasonings, and stir-fry until the vegetables are cooked well but not overly cooked and mushy.

Serve hot with basmati rice (See “Mixed Veggie Dish with Rice” recipe on page 37 for instructions on preparing the basmati rice) or chapatti.

Khattay pahari Aloo (potatoes with dried mango)

Serves: 3-4
Total Prep Time: 35 minutes
Ingredients:

- 4 large boiled, peeled and mashed potatoes (wash and peel them first, cut into quarters and boil in salted water, then mash)
- 2 cups natural yogurt
- 1 large tomato, chopped
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 Tbsp fresh ginger, minced
- Coconut oil or ghee as needed
- 1 cup of whole milk
- 1 cup water
- Salt to taste
- 1 tsp cumin seeds
- Turmeric powder to taste
- Fresh, chopped cilantro and chilis

Method:

1. In a large bowl, mix the potatoes and yogurt, add salt, and chill in the refrigerator for 15 minutes.
2. In a large, roughly textured mortar and pestle, grind tomato, onion, garlic, and ginger, into a smooth paste.
3. In a deep sauté pan or wok, heat oil, and add cumin seeds.
4. When cumin seeds begin to sizzle, add the paste, turmeric powder and garam masala for taste and fragrance.
5. Cook the ingredients until browned and then stir in the marinated potatoes and mix well.
6. Add water and milk, and let it simmer on medium heat until reduced, then put the heat on low and simmer for about ten minutes.
7. Garnish with cilantro and chilis and serve immediately.

Mirchi Aloo Ki Sabzi (Stir-fried Potatoes and Capsicum)

Serves: 3-4
Total Preparation Time: 35 minutes
Ingredients:

- 1 large green bell pepper, chopped
- 1 onion, chopped
- 2 potatoes, diced into medium sized squares
- 2 small tomatoes, chopped
- 1/2 tsp coriander powder
- 1/2 tsp cumin powder
- 1/2 tsp salt
- 1/2 tsp turmeric powder
- 1/2 Tbsp chili powder
- 1 Tbsp garam masala
- 1 Tbsp ghee or coconut oil for stir frying

- Coconut oil for deep frying
- 1 Tbsp hot chili sauce or tomato sauce

Method:

1. Deep fry potatoes, and remove with a slotted spoon. Set aside.
2. Fry onions in a wok with bell pepper and tomato chunks until cooked well.
3. Add salt, fried potatoes, turmeric powder, and chili powder.
4. After cooking for 5 minutes, add coriander powder, garam masala and cumin powder, mix well again.
5. Cover and cook for another two minutes.
6. Toss with tomato sauce or chili sauce and mix well.
7. Serve hot with chapatti or paratha.

North Indian street food

Traditional Dip of Mashed Eggplant

Servings: 3
Total Preparation Time: 25 minutes
Ingredients:

- 1 large eggplant
- 1 tsp cumin seeds
- 1 large, finely chopped onion
- 1 tsp fresh ginger, minced
- 1 tsp fresh garlic, minced
- 3 medium ripe tomatoes, diced
- 1/4 tsp turmeric powder
- 1 Tbsp coriander
- 1 Tbsp cumin powder
- 1 Tbsp garam masala
- 3 tsp red chili flakes
- 1 Tbsp coconut oil
- 3 Tbsp fresh cilantro, chopped, for garnish

Method:

1. Rinse eggplant, dry, and coat with oil.
2. Turn stove on high and use tongs to hold the eggplant over the heat to burn the skin and to soften the eggplant.
3. Let cool, remove the skin, and mash the flesh, set aside.
4. Sauté ginger, garlic, onions, and the remaining spices, cook until tender.
5. Add tomatoes and mix well.
6. Add the mashed eggplant and mix well again.
7. Serve hot, garnished with fresh chopped cilantro.

Mixed Veggie Dish with Rice

Serves: 3-4
Total Preparation Time: 40 minutes
Ingredients:

- 1/2 cup chopped onions
- 1/2 cup chopped tomatoes
- 1/2 cup cauliflower florets
- 1/3 cup diced carrots
- 1/3 cup peas
- 1/2 cup grated coconut
- 1/4 cup fresh mint leaves
- 1 tsp freshly ginger, minced
- 1 tsp fresh garlic, minced
- 3 green chilies, coarsely chopped
- 1/4 cup fresh cilantro
- 1/4 cup garam masala,
- 2 whole red chilies, coarsely chopped
- 1 cup uncooked basmati rice
- 4 bay leaves
- 2 cinnamon sticks
- 3 cardamom seeds, crushed with a mortar and pestle
- 2 Tbsp coconut oil or ghee, one for cooking the rice and the other for pan frying

Method for Basmati Rice:

- use 1 1/2 cups of water for each cup of rice

1. Wash the rice very well in a bowl in the skin. Swish it around to remove all the starch repeat as needed until clean, drain.
2. Let sit for 1 hour, the rice will turn a pearl color.
3. In a pot, add the soaked rice, water, a little salt, and a small splash of coconut oil.
4. Bring to a boil over medium-high heat, uncovered.
5. Once boiling, turn the heat down to low and cover.
6. Cook for 20 minutes; turn off the heat, let sit for 10 minutes with the lid.
7. Remove lid, fluff the rice with a fork, and set aside.

Method for Veggies:

1. Blend coconut, mint, ginger, garlic, green chili, cilantro, garam masala, and a little water in a food processor or blender and blend.
2. In a frying pan, drizzle a little bit of oil, heat and toast the cumin seeds. Add them to the rice when finished, stirring well to blend.
3. Now heat the rest of the oil in a cooking pan and add the cumin seeds, cinnamon, cardamom, onions and bay leaves. Pan fry until the onions start to turn brown, mix in the tomatoes and the paste, and then fry for a couple of minutes and toss in the vegetables.
4. Continue cooking until vegetables are well done but not over-cooked.
5. Serve hot with a serving of rice on the side.

Okra Amchur Powder Sabzi (mango okra)

Serves: 3-4
Total Preparation Time: 25 minutes
Ingredients:

- 1/2 kg okra (about one pound)
- 1 onion, cut into thin strips
- 1/2 Tbsp powdered cayenne pepper
- 1 tsp turmeric powder
- 1-1/2 tsp powdered cilantro seed
- 1 tsp salt
- 1/2 tsp each of garam masala powder and amchur (mango) powder
- 1 tomato, cut into thin strips
- 1 Tbsp coconut oil or ghee
- Non-stick cooking spray

Method:

1. Heat oil in a pan, brown the onions
2. Add tomatoes and fry for 1 minute.
3. Add okra.
4. Stir occasionally after you add the okra, and cook for about ten minutes.
5. When it is almost cooked, sprinkle the rest of the seasonings and and cook for a few minutes more to blend and release the flavors.
6. Serve with chapatti or paratha.

Tip:
Use nonstick cooking spray in your pans so the vegetables do not stick.

Spinach & Cashew Paneer

Serves: 2- 4
Total Preparation Time: 40 minutes
Ingredients:

- 1-1/2 cups fresh spinach leaves, washed well, and coarsely chopped
- 8 cubes of paneer (see recipe below)
- 1 onion, finely chopped
- 1/2 tsp ginger, minced
- ½ tsp garlic, minced
- 1 handful cashews
- 1 tsp poppy seeds
- 5 green chilies, chopped
- 1/2 tsp garam masala powder
- 1 Tbsp ghee or coconut oil

Method:

1. Soak poppy seeds and cashew nuts in warm water for half an hour.
2. In a food processor, blend onion, ginger, and garlic with little water to make a fine paste.
3. Repeat with the poppy seeds, green chilies, and cashew nuts to make your second fine paste.
4. Heat oil in a sauté pan, add the turmeric powder and onion paste, and allow it to boil on low heat. When the excess liquid disappears, mix in the nut paste, toss in the paneer cubes, and serve.
5. Garnish with fresh dairy cream.

Homemade paneer:

In a medium sized saucepan, heat whole milk to a boil and then turn off the heat so it cools down. Add 4 tablespoons lemon juice per liter

of milk and shake the pan lightly. The milk will begin to curdle.
Drain the curdled milk into a cotton napkin or cheesecloth, put the napkin with the curdled milk on a plate and place a heavy weight on top of it in order to create enough pressure to push the liquid out. What remains in the cloth is the paneer cheese. Let it sit for approximately 40 min to 1 hour before serving.

Spinach & cashew paneer

Chicken:

Roasted Tandoori Chicken

(Tandoori- clay oven)

Serves: 5
Total Preparation Time: 4 hours and 30 minutes
Ingredients:

- 3 whole chickens without skin, cleaned and dried, cut as you like
- 1/2 cup lemon juice or vinegar

For Marinade:

- 2 garlic cloves, minced
- 1 Tbsp fresh ginger, minced
- 1 tsp toasted and ground cumin seeds
- 1/2 tsp cardamom powder
- 2 Tbsp red chili powder or paprika
- 2/3 cup plain yogurt
- 1-2 Tbsp light vegetable oil

Method:

1. Carefully remove neck bones and wings, and neatly cut the chickens into quarters. Be especially neat when cutting the breast area. Reserve the left over parts for making stock for other dishes.
2. Prick the pieces of chicken with a fork and make diagonal slashes all over the meat, about one inch apart.
3. Blend all marinade seasonings in a food processor until you get a smooth paste.
4. Take a large bowl and rub the chicken pieces lemon juice and or vinegar. Then massage the marinade onto the chicken pieces, coating well for a couple of minutes and leave covered in the refrigerator to absorb the spices for one hour.
5. Remove chicken and let sit at room temperature for a few minutes and then roast it in the oven. You can also steam the chicken or fry it in a frying pan until the meat is well cooked.

Roasted Chicken of Tandoori Inspiration

Spiced Chicken from North India

Serves: 3
Total Preparation Time: 40 minutes

Ingredients:

- 1/2 kg skinless chicken pieces (about a pound)
- 3 small to medium onions, chopped
- 3 tsp fresh ginger, minced
- 3 tsp fresh garlic, minced
- 1-1/2 Tbsp chili powder
- 2 tsp ground cilantro seeds
- 1/4 tsp ground cumin seeds
- 1/2 Tbsp garam masala powder
- 1 cinnamon stick
- 3 black cardamom seeds
- 3 black peppercorns
- 1 Tbsp salt
- 5 Tbsp ghee or coconut oil
- Water as needed
- A few fresh coriander leaves, chopped, for garnish

Method:

1. Heat the oil in a deep frying pan and fry the onions until golden brown. Add the garlic a minute or two before they brown as the garlic cooks much faster and burns easily.

2. When they become golden brown, add all dry seasonings and few Tbsp of water to help them combine and prevent masala from burning.

3. Let it cook until it separates.

4. Stir in the chicken and cook for about 20 minutes, adding a glass of water (more if needed) to keep the chicken tender.

5. Cook until well done.

6. Remove from heat to let it settle and cool a little before serving.

7. Garnish with coriander leaves and serve with naan.

Reshmi Murgh Kebab (Succulent, melt-in-your-mouth, kebab)

Serves: 2
Total Preparation Time: 6 hours and 10 minutes
Ingredients:

- 1/2 kg boneless and skinless chicken meat (about 1 pound) cut into skewer sized pieces
- 1/2 cup fresh cream
- 1 Tbsp fresh ginger, minced
- 1 Tbsp fresh garlic, minced
- 1/4 cup cashew nut paste
- 1 tsp white pepper powder
- 4 Tbsp natural yogurt
- 2 Tbsp dried fenugreek leaves (optional)
- A drop of kewra essence (rose water)
- 1/2 tsp garam masala powder
- Salt to taste
- Ghee for basting
- Lemon wedges for serving

Method:

1. Combine all ingredients in a bowl, except for chicken and butter. Then coat chicken pieces in this prepared mixture and refrigerate for few hours.
2. Thread chicken onto skewers.
3. Cook them over a charcoal grill, all the while basting them with butter so they never get dry.
4. Grill them for about 4-5 minutes.
5. Serve warm with squeezed lemon on top.

Reshmi Murgh Kebab

Chicken Tandoori Maida Wrap

(maida - wheat flour)

Serves: 4
Total Preparation Time: 2 hours and 20 minutes
Ingredients:

- 1/4 kg chicken, boneless and skinless, cut into small pieces (about a half pound)
- 1-1/2 Tbsp tandoori masala
- 2 tsp of salt
- 2 tsp red chili powder
- 1 tsp turmeric
- 1 Tbsp fresh ginger, minced
- 1 Tbsp fresh garlic, minced
- 2 medium onions, thinly sliced
- 1 Tbsp fresh lime juice
- Cilantro leaves, finely chopped for garnishing
- A pinch of chat masala for garnishing
- 1 Tbsp coconut oil
- 1/2 tsp ghee

To Make Wrap:

- 1 cup white flour
- Hot water for kneading
- A pinch of salt
- Coconut oil (for putting on the grill)

Method:

1. In a large bowl, combine tandoori masala, turmeric, salt, chili powder, ginger, and garlic paste.
2. Add chicken to the mixture and coat well.
3. Cover and place in the refrigerator for a couple of hours to marinade.
4. Heat oil in a wok at medium heat, and cook chicken for ten minutes.
5. Be sure to turn it constantly while cooking to prevent it from burning. Add a little water to help prevent it from sticking.

6. Remove from heat, and allow it to cool down some at room temperature.
7. Top with ghee and serve.

For roll:

Combine all the ingredients and knead into soft dough. Roll out the flat rounds and cook on tawa (griddle) with some coconut oil.

To Assemble:

In the wrap add a little sliced onion, chicken, and lime juice. Garnish chat masala and coriander leaves. Serve hot.

Spicy Chicken with Spinach and Mushrooms

Serves: 4-5

Total Preparation Time: 35 minutes

Ingredients:

- 2 Tbsp canola oil
- 1/2 tsp fenugreek seeds
- 1/2 tsp turmeric powder
- 1/2 tsp cayenne powder
- 1 large onion, chopped
- 1/2 cup button mushrooms, washed well and quartered
- 2” piece of fresh ginger, minced
- 4 large cloves of garlic, minced
- 2 tsp ground cilantro
- 2 tsp kosher salt
- 2 tsp cumin seeds
- ½ kg boned and skinned chicken thighs (about a pound)
- 1 cup fresh diced tomatoes
- 2 cups baby spinach leaves
- 1/2 bunch fresh cilantro, coarsely chopped

· 1 Tbsp fresh lemon juice

Method:

1. Take a large cooking pot and heat oil over medium heat.
2. Add fenugreek seeds, stir for two seconds, and mix in mushrooms and onions until its light brown.
3. Add ginger, garlic, salt, cayenne, cilantro, and turmeric, stir.
4. Add chicken and continue to stir occasionally until it becomes tender. Add tomatoes and simmer for five minutes, then add spinach and cover again to simmer for a couple of minutes more.
5. When chicken is well-cooked toss in about 1 cup of cilantro. Squeeze the juice of one lemon on top and serve hot with basmati rice (see "Mixed Veggie Dish with Rice" recipe on page 37 for instructions on making the basmati rice).

Eggs:

Creamy Masala with Boiled Eggs

Serves: 2
Total Preparation Time: 40 minutes
Ingredients:

- 4 boiled eggs
- 2-1/2 Tbsp roasted peanuts
- 1-1/2 Tbsp sesame seeds
- 1 Tbsp fresh shredded coconut
- 1/4 tsp poppy seeds
- Coconut oil for frying
- 1 tsp cumin seeds
- 3 dried chilis, whole
- 3 chopped garlic cloves
- 6 curry leaves
- 3 green chilies, cut into slivers
- 1 tsp chili powder
- 1/4 tsp cumin powder
- 1/2 tsp coriander powder
- 1/2 tsp turmeric powder
- 2-1/2 Tbsp tamarind paste
- 1/2 cup water
- Salt to taste
- 1/3 tsp garam masala powder

Method:

1. Cut boiled eggs lengthwise, pour oil into the pan and heat, fry the eggs and remove.

2. Add the various seeds (except the cumin seeds) and toast them for about five minutes (being careful not to burn them).

3. Make a paste by grinding roasted seeds, water, shredded coconut, and peanuts. You can do this with a mortar and pestle or a food processor. Set aside the paste and toast cumin seeds in remaining oil.

4. Mix in the curry leaves, garlic and chilies. Add the paste and let cook on medium heat, stirring constantly.

Combine rest of the ingredients in the cooking pan and sauté for 15-20 minutes. Add the garam masala powder just before serving and serve with basmati (see "Mixed Veggie Dish with Rice" recipe on page 37 for instructions on preparing the basmati rice) or hot chapatti.

Egg Roast Curry

Serves: 2-3
Total Preparation Time: 45 minutes
Ingredients:

- 4 hardboiled eggs cut lengthwise into small strips
- 2 large onions, sliced
- 2 green chilies, cut into fine julienne slivers
- 1 tsp ginger, minced
- 1tsp garlic, minced
- 2 large chopped tomatoes
- 3/4 tsp red chili powder
- 1/2 tsp ground black pepper
- 1 tsp cilantro powder
- A pinch of garam masala powder
- 1 fresh curry leaves
- Salt to taste
- 3 Tbsp ghee or coconut oil

Method:

1. Using a sauté pan with a thick base, heat oil and sauté the sliced onions and green chilies for about 7-8 minutes.
2. Mix in the ginger, garlic, and sauté again for four minutes, then add the rest of the seasonings (except the garam masala powder) and stir well.
3. Add tomatoes and cook for another 6 minutes.
4. Combine eggs and enough water to cover them and let simmer with the lid on.
5. Remove the lid after a few minutes, sprinkle garam masala powder, continue cooking a couple of minutes more, and remove from the heat.
6. Serve on plates with fresh chapatti.

Spicy Omelet, North Indian Style

Serves: 3
Total Preparation Time: 10 minutes
Ingredients:

- 3 eggs
- 3 finely chopped shallots
- 2 finely minced green chilies
- 2 Tbsp whole milk
- 1/2 small, finely chopped green bell pepper
- 1/2 small, finely chopped carrot
- Salt to taste
- 1/4 tsp ground black pepper
- 1/4 tsp turmeric powder
- 1/4 tsp garam masala powder
- 2 Tbsp finely chopped cilantro leaves
- 3 Tbsp ghee

Method:

1. Mix eggs in a bowl and beat well until they become frothy. Keep butter aside and mix all other ingredients listed above into eggs.

2. After whisking, heat butter in a pan at low flame and cook egg mixture in it. Cook till they just brown, then slide underneath with a spatula and carefully transfer to plate to serve with bread.

Egg Kulcha with Drumstick Leaves

(kulcha- a type of leavened Indian bread)

Serves: 1-2
Total Preparation Time: 15 minutes
Ingredients:

- 1 egg
- 1 handful drumstick leaves
- 1/2 tsp cumin powder
- 1/4 tsp ground pepper
- 2 tsp green chili, minced
- 1 pinch turmeric
- 1 Tbsp ghee
- Salt to taste

Method:

1. Set a frying pan on medium-high heat and melt ghee in it.
2. Pan-fry the drumstick leaves and set aside.
3. In a medium sized mixing bowl beat together the egg, seasonings, and chilies. Mix well for few minutes and then fry in a frying pan on top of the melted ghee.
4. Cover with lid and let it cook for a couple of minutes on both sides until done. Serve immediately.

Curry with Boiled Eggs

Serves: 1-2
Total Preparation Time: 20 minutes
Ingredients:

- 2 boiled eggs cut in half lengthwise
- 1 small, chopped onion
- 1/2 tomato, chopped
- 2 pinches of chili powder
- 1 pinch of turmeric
- Coconut oil or ghee for frying
- Salt and pepper to taste

Paste for roasting:

- 2 tsp cilantro seeds
- 1 Tbsp red chili powder
- 1 clove of garlic, minced
- 1/4 tsp fresh ginger, minced
- 1/2 tsp black pepper
- 1/2 tsp fennel seeds
- 1/4 tsp cumin seeds
- 1 tsp grated coconut
- A few curry leaves

Method:

1. In a medium sized frying pan over medium-high heat, heat oil.
2. Add onions and sauté until golden brown.
3. Add tomatoes and fry for few minutes more and add the garlic and ginger.
4. Add the rest of the ingredients and cook for five minutes more on medium heat. Place curry into a serving bowl, and place the egg halves on top.

Curry of Boiled Eggs

Man's gathering near the temple for a morning prayer

Lamb/Mutton:

North Indian Marinated Lamb Roast

Serves: 5-6
Total Preparation Time: 9 hours
Ingredients:

- 2 lean shoulder chops of lamb, about 1lb of each
- A small piece of fresh minced ginger root
- 1-1/2 tsp ground nutmeg
- 3/4 tsp ground black pepper
- 2/3 cup thick plain yogurt
- 1/4 tsp ground cinnamon
- 1/2 Tbsp salt
- 1/2 Tbsp powdered cayenne pepper
- 2 Tbsp ghee or coconut oil
- 1/2 tsp powdered turmeric
- 1 Tbsp powdered cumin
- 2 peeled garlic cloves, minced
- 2 Tbsp sesame seeds
- 2 Tbsp coarsely chopped onions

Method:

1. Flatten lamb chops them with a hammer, then wipe with a clean and dry cloth.

2. With a mortar and pestle or food processor, blend the rest of the ingredients to make a paste and rub this paste all over the lamb chops with your hands. Cover with plastic wrap and leave overnight in the refrigerator.

3. Preheat oven to medium heat.

4. Prepare a roasting pan with foil, arrange chops in a single layer, and add half of the marinade.

5. Place in the center of oven for ten minutes, then turn chops over.

6. Mix the remaining marinade, oil, and cumin together and brush on top of the lamb chops and sprinkle with 1/2 of the sesame seeds.

7. Return the pan to the oven and bake for 10 minutes more.

8. Turn the lamb chops over, brush the other side with the remaining marinade mixture, and sprinkle with the rest of the sesame seeds.

9. Now cook for another 10 minutes.

Tasty Lamb Chops - Tandoori Style

Serves: 4-5

Total Preparation Time: 4 hours, 20 minutes

Ingredients:

- 7-8 lamb chops
- 1 Tbsp red chili powder
- 1 Tbsp tandoori masala
- Salt to taste
- 4 Tbsp natural yogurt
- 1 heaped tsp of garlic, minced
- 1 Tbsp fresh lemon juice
- 1 tsp garam masala
- 1 large red onion, thinly sliced for garnish
- Lemon wedges for garnish

Method:

1. Mix all ingredients in a large bowl until they become smooth, and coat chops one by one.
2. Let marinade in the refrigerator for 4 hours.
3. Heat a charcoal grill and cook each chop for fifteen minutes on both sides evenly, and serve after garnishing with thinly sliced red onions and a lemon wedge.

Indian Lamb Stew with Curd

Serves: 5-6
Total Preparation Time: 1 hour and 50 minutes
Ingredients:

- 1 kg pieces of mutton (about 2.2 pounds)
- 1 Tbsp fresh lime juice
- 1 tsp garam masala
- 1 tsp turmeric powder
- 2 Tbsp chopped fresh cilantro for garnish
- 7 chopped green chilies
- 2 pieces each of bay leaf, cinnamon sticks, cloves, whole black cardamoms
- 1 Tbsp fresh garlic, minced
- 1 Tbsp fresh ginger, minced
- 2 large finely chopped onions
- 3 diced potatoes
- 3 chopped tomatoes
- 1/2 cup curd

· Freshly ground green cardamom powder
· Salt to taste
· 5 Tbsp ghee or coconut oil

Method:

1. Wash mutton, dry and chop.
2. In a bowl mix half of the salt, curd, garlic, ginger, and turmeric, massage onto the dried meat, and let it marinate in the refrigerator for one hour.
3. Heat half the oil in a large, deep pan, add the condiments mixture and the meat, and give it a quick stir.
4. Stir and cook for about ten minutes.
5. In a pressure cooker and add other half of the oil, the other halves of the turmeric powder and salt, along with the onions, tomatoes, potatoes, chilies and one cup of water. Cook until they are soft.
6. Add the meat, and add another cup of water to the potatoes until covered and cook for 20 minutes more.
7. Serve with garnish of cilantro leaves and freshly ground green cardamom powder.

Famous Kairi-Filled Shami Kabab

Serves: 2
Total Preparation Time: 50 minutes
Ingredients:

- ½ kg minced meat of lamb (about 1 pound)

To Boil Masala #1:

- 2 cups bengal gram (black chickpea)
- 4 cloves of garlic, minced
- 1/2" piece of fresh ginger root, minced
- 6 red chilies, finely chopped
- 6 black pepper
- 4 brown cardamom seeds
- 1 tsp cinnamon powder
- ½ liter of water or more as needed (2 cups)
- 1 Tbsp salt

To Boil Masala #2:

- 1/2 Tbsp garam masala powder
- 1/2 Tbsp green cardamom powder
- 1/2 Tbsp mace powder
- 1 tsp Kewra, rose water, or vanilla essence/extract

Masala #3 for Filling:

- 1 cup fresh mint leaves, finely chopped
- 1" piece of fresh peeled ginger, minced
- 2 medium onions, finely chopped
- 3 raw mangoes, peeled, seeded and finely chopped
- 8 large fresh green chilies
- 1/4 tsp of salt
- 2 cups of ghee

Method:

1. In a deep pan over medium-high heat, mix all ingredients in masala #1 list.
2. Cook covered until the lentils are done. When done remove lid and stir until all the liquid evaporates and the mix starts sticking to the side of the pan.
3. Remove from heat and grind to a very fine paste with food processor or a mortar and pestle and then blend in the ingredients of masala

#2. Divide this mixture into 6 portions and set aside.

For Filling:

1. In a bowl, mix the mint leaves, chilies, onions, mango, ginger, and a dash of salt.
2. Form mixture into balls, stuffing them into the center of the raw mangoes' halves.
3. Take each previously made ball and stuff with this mixture, forming them into patties.
4. Grease a griddle with ghee, place balls on it and cook on very low heat. Pour some melted ghee over them while cooking.
5. Wait until the sides of the balls become light brown and golden.
6. Serve with mint chutney and hot chapatti.

Famous Kairi-Filled Shami Kebab

Mutton Keema (traditional Indian mutton dish)

Serves: 2-3
Total Preparation Time: 1 hour and 15 minutes
Ingredients:

- ¼ kg minced meat of mutton (about half a pound)
- 1 bay leaf
- 2 finely chopped onions
- 1 tsp cumin powder
- 1 Tbsp fresh ginger, minced
- 1 Tbsp fresh garlic, minced
- 1/2 tsp black pepper
- 4-1/2 tsp red chili powder
- 5 Tbsp olive oil
- 1 cup green peas
- 1/2 Tbsp garam masala powder
- 1 Tbsp salt

Method:

1. Heat oil in a wok and add bay leaf. Fry onions for few minutes.
2. When onions begin to sizzle, add minced meat and stir well for ten minutes.
3. Mix in the spices and fry on low heat until the masala leaves the oil.
4. Transfer the cooked meal into a pressure cooker cook until the cooker whistles six times and check the doneness.
5. Add the garam masala last, and cook covered for five additional minutes, adjusting the seasonings according to your taste.
6. Serve with parathas.

Mutton Keema

Sweets:

Classic Badaami Kheer (almond drink)

Serves: 7
Total Preparation Time: 30 minutes
Ingredients:

- 12 oz. almonds
- 4 pints of fresh whole milk
- Sugar to taste
- 1 Tbsp powdered cardamom
- A pinch of saffron

Method:

1. Boil water and soak almonds in it for few minutes.
2. Peel them and slice.
3. Take a large saucepan and heat milk.
4. Boil until thickened and add sugar.
5. Stir to dissolve sugar and mix in the saffron and powdered cardamom.
6. Serve warm or chilled.

Classic Badaami Kheer

Til Key Ladoo (sweet sesame desert)

Serves: 6-7
Total Preparation Time: 30 minutes
Ingredients:

- 3 cups sesame seeds
- 1/2 cup water
- 1/2 cup brown sugar
- 1 cup shredded coconut
- 1 cup finely chopped pistachios
- 2 tsp powdered cinnamon

Method:

1. In a saucepan heat water and brown sugar until it boils and becomes syrupy, gradually add coconut, pistachios, and cinnamon.
2. Lower heat and simmer until thick and light brown.
3. Slowly stir in the seeds and allow it to cool for some time.
4. Form mixture into small balls and serve with tea.

Halwa with Sweet Fried Fruits & Nuts

Serves: 4-5
Total Prep Time: 35 minutes
Ingredients:

- 2 cups carrots, peeled and shredded
- 2 cups whole milk
- 4 Tbsp condensed milk
- 1/4 cup sugar
- 2 Tbsp ghee
- A handful of dry fruits/mixed nuts

Method:

1. Fry dry fruits/mixed nuts in ghee and remove when golden brown.
2. Take another pan and heat milk with carrots. It will gradually become thick.
3. Add condensed milk and sugar. Stir well to mix completely and serve warm along with the fried dry fruits/mixed nuts.

Soft & Nutty Khoye Wali Burfi

Serves: 5-6
Total Prep Time: 45 minutes
Ingredients:

- 10 cups whole milk
- 1-1/2 cups powdered sugar
- 1/2 cup chopped pistachios
- 1 tsp cardamom powder
- 3/4 cup water
- Aluminum foil

Method:

1. On high heat, bring milk to boil with constant stirring until it thickens. Turn heat down to low.
2. Add sugar and stir to dissolve.
3. Mix in the pistachios and cardamom powder.
4. When all has dissolved completely, grease a tray lined with aluminum foil.
5. Pour the mixture on top.
6. Set aside and let the mixture cool.
7. Cut into small bite size squares.
8. Serve.

Quick N’ Easy North Indian Traditional Ice Cream

Serves: 3
Total Prep Time: 4 hours and 50 minutes
Ingredients:

- 3 cups whole milk
- 1 cup sugar
- 2/4 cup fresh cream
- 1 cup dried apricots
- 2 Tbsp custard powder

Method:

1. In a large saucepan boil water and remove from heat. Soak the soak apricots in this hot water for four hours.
2. Remove and discard seeds from the apricots and boil the apricots in the same saucepan.
3. In a medium sized bowl, mix the custard powder and milk until dissolved.
4. Add this to the saucepan with the apricots until the mixture thickens.
5. If there are lumps in the mixture, blend for a while in the blender and transfer to a shallow dish to freeze.
6. Serve when frozen.

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Snacks:

Spiced Fried Lentil Dumplings (Dahi Vada)

Serves: 7 persons
Total Preparation Time: 3 hours and 20 minutes
Ingredients:

- 1 cup of black gram lentils, rinsed
- Water as needed
- 2 Tbsp grated ginger
- 4 finely chopped green chilies
- 1 Tbsp salt
- Ghee or coconut oil as needed for frying
- 2 cups thick fresh sweet curd
- Red chili powder to taste
- 2 Tbsp powdered cumin
- 1 Tbsp chaat masala
- Fresh, chopped cilantro for garnish

Method:

1. Soak the lentils for 3 hours and blend in food processor to make a fine paste.
2. Transfer to a large bowl and add the ginger, chilis, and salt. Mix well for about 5 minutes.
3. Heat oil in wok.
4. Open a plastic bag to put the batter in, then cut off a tiny corner and squeeze batter slowly through the hole to drop the batter in the oil making small dumpling shapes.
5. Fry until golden brown at high heat.
6. When you take the dumplings out of the oil place them in a bowl of cold water and then remove them, pressing out the excess water.
7. Arrange them on a tray and leave them out to dry.
8. In a bowl, beat the curd and mix in the rest of the ingredients.
9. Garnish with fresh cilantro and serve chilled.

Spiced Fried Lentil Rings (Dahi Vada)

Sweet Potato Croquettes (Alu ki Tikkian)

Serves: 2-3
Total Preparation Time: 40 minutes
Ingredients:

- ½ kg sweet potatoes (just over 1 pound)
- 1/2 cup ground cashews
- I/2 cup grated coconut
- 1 Tbsp red chili powder
- 1/2 Tbsp coriander powder
- 1/2 Tbsp cumin powder
- 1/3 cup bengal gram (black chickpea) flour
- Salt to taste
- Ghee or coconut oil as needed

Method:

1. Prepare sweet potatoes in a pressure cooker, mash, and set aside in large bowl.
2. Add ground cashews the rest of the ingredients (except oil), and shape them into small, flat circles.
3. Heat oil and deep-fry the flat circles on both sides.
4. When they turn golden brown, remove with slotted spoon, and serve.

Fresh juice stand- Delhi

Coated Broccoli Florets

Serves: 2-3
Total Preparation Time: 20 minutes
Ingredients:

- 2 cups broccoli florets
- 1/2 cup bengal gram (black chickpea) flour
- 1 cup rice flour
- 1pinch of turmeric powder
- 1/2 Tbsp red chili powder
- 1 Tbsp cumin
- Salt to taste
- Ghee or coconut oil as needed

Method:

1. Mix flours in a large mixing bowl together with seasonings and water to make the batter.
2. In a frying pan, heat oil.
3. Dip the florets of broccoli in the prepared batter and fry until golden brown.
4. Serve immediately.

Tips:

To make crisp florets, use cold water in batter.
Fry after getting the oil fully hot, and then turn it down on low until all the florets are cooked.

Potato-Stuffed Salty Samosas

Makes: Approx. 10 Samosas
Total Preparation Time: 40 minutes
Ingredients:

- 1 cup all purpose flour
- 3 Tbsp coconut oil
- Water for kneading
- Salt to taste
- Additional coconut oil for deep frying

Filling:

- 3 boiled and crumbled potatoes
- 1/3 cup boiled peas
- 1/4 Tbsp grated ginger
- 1 Tbsp red chili powder
- 1/2 Tbsp coriander powder
- 1 pinch of cumin powder
- A dash of lemon juice
- 1 pinch of garam masala
- A few fresh, chopped cilantro leaves
- Salt to taste

Method:

1. In a large mixing bowl combine flour with oil and salt. When the mixture becomes crumbly, slowly add water until the dough is flexible.
2. Shape it into small balls and let sit for about 15-20 minutes.
3. In large pot, heat oil, toast the cumin seeds, and when they become brown, mix in the spices with the ginger and few drops of water.
4. Sauté, add peas and potatoes, and continue to cook them on medium heat.
5. Mix in the lemon juice and coriander leaves and remove from heat.
6. To prepare the outer layer of the samosa, you must roll each ball using a rolling pin into a slightly thin puri, and make slightly elongated. Use a knife to divide the rolled puri into two by cutting through the center.
7. Fill each one with filling, and form into a samosa shape with a wet finger.
8. Deep-fry them all on medium heat.

9. Place on a paper towel or a thick roll of tissues to let the extra oil escape.
10. Enjoy the crisp and hot samosas with tea in the evening.

Potato-Stuffed Salty Samosas

Rice, Coconut and Cashews Cake (Kalathappam)

Serves: 4-5
Total Preparation Time: 4 hours and 35 minutes
Ingredients:

- 1-1/2 cup un-cooked rice, soaked for about 4 hours
- 1/3 cup cooked rice
- 2 Tbsp. brown sugar
- 1/3 cup shredded coconut
- 1/2 Tbsp of salt
- 8 shallots
- 1/2 tsp of baking powder
- 1/2 Tbsp fennel seeds
- 9 cashews
- 3 Tbsp ghee
- A pinch of cardamom powder
- 1 Tbsp coconut oil for the pressure cooker

Method:

1. Grind together soaked rice and cooked rice.
2. Add fennel seeds.
3. In a saucepan over low heat, dissolve brown sugar in ½ cup of water.
4. Let it cool and combine with rice batter.
5. Add baking powder, salt and cardamom, mix, and let it rest for ten minutes.
6. In a large saucepan, heat the dough until hot and steaming, remove from heat. Stir to make sure it does not stick.
7. In a pressure cooker, add the oil and heat.
8. Add cashews, coconut, and shallots, and sauté..
9. Save some of the mixture for topping.
10. Add dough mixture into the pressure cooker and cook on high. After 3 minutes when whistling starts, then heat on low for 15 minutes and serve.
11. Garnish with the extra fruit and nut toppings that you set aside.

Beverages:

Soothing Chai with Masala

Serves: 2 -3
Total Preparation Time: 15 minutes
Ingredients:

- 1 clove
- 2 green cardamoms
- 2 peppercorns
- 1 cinnamon stick
- 2 cups water
- Sugar to taste or salt to taste
- Pepper (optional)
- 1/2 tsp tea leaves
- 1/2 cup milk

Method:

1. Crush all spices roughly and add to boiling water.
2. Let them boil for some time and then mix in the rest of the ingredients.
3. Bring to a boil again and turn off heat.
4. Serve steaming hot poring over a strainer to remove any particles.

A Tibetan women purring chai- Leh, Ladak

Chilled Raw Mango Drink

Serves: 2-3
Total Preparation Time: 1 hour and 5 minutes
Ingredients:

- 3 small raw mangoes, washed
- Water as needed
- 2 tsp salt to taste
- 5 Tbsp sugar to taste, depends on sweetness of the mangoes
- 1 Tbsp toasted cumin seeds
- 1 pinch of fresh cracked pepper
- A few fresh mint leaves chopped for garnish

Method:

1. In a deep frying pan, boil some water and the raw mangoes for a few minutes.
2. In a bowl, strain, and remove pulp when they have cooled.
3. Add water, sugar, and salt, and mix well. Combine the rest of the ingredients and serve with mint garnish.

Chikku with Cinnamon Milky Shake

Serves: 1-2
Total Preparation Time: 5 minutes
Ingredients:

- 2 fully ripe papayas
- 2-1/2 cups whole milk, chilled
- Sugar to taste
- 1 pinch of cinnamon powder

Method:

1. Remove the seeds and skin of the fruit.
2. Cut in pieces and blend in blender until a smooth beverage is formed.

Festive Thandai

Serves: 5
Total Preparation Time: 5 hours and 10 minutes
Ingredients:

- 1/2 cup almonds
- 1 Tbsp cashew nuts
- 1 tsp poppy seeds
- 2 tsp melon seeds
- 2 Tbsp fennel seeds
- 4 green cardamoms
- 3/4 Tbsp black peppercorns
- 7 Tbsp sugar or adjust according to taste
- 5 cups whole milk
- 1 cup of water
- 1/2 Tbsp rose water
- 1 handful of crushed pistachios

Method:

1. Put water in a bowl and soak the melon seeds, almonds and poppy seeds for two hours.
2. Dissolve sugar in boiling milk and set aside.
3. Add all the ingredients in a blender and make a paste with water.
4. When you have a smooth paste, strain with the water, and refrigerate for couple of hours.
5. Serve in glasses and garnish with a few nuts.

Festive Thandai

JalJeera Lemonade (spicy lemonade)

Serves: 3
Total Preparation Time: 15 minutes
Ingredients:

- 1/4 cup fresh mint leaves
- 1/4 cup fresh coriander leaves
- 1/4 Tbsp grated ginger
- I tsp roasted cumin powder
- 1/2 Tbsp freshly crushed or ground black pepper
- 1/2 Tbsp black salt
- 1 Tbsp chaat masala powder
- 1/2 Tbsp dry mango powder
- 2 tsp fresh lemon juice
- 1 tsp sugar
- Salt to taste
- 4 cups chilled water

Method:

1. Wash leaves and mix in all the ingredients.
2. Put water in a bowl and add the ingredients.
3. Let steep for an hour.
4. Strain the liquid and serve chilled with garnish. Your drink is ready.

Budhist monastery-Raru, Ladakh

Traditional Flatbreads:

Bhatura Deep Fry (fluffy deep-fried leavened bread)

Makes: 8-9
Total Preparation Time: 55 minutes
Ingredients:

- 1 cup wheat flour
- 2-1/2 tsp fresh yeast
- 1-1/2 Tbsp fresh curd
- 3 Tbsp ghee
- Salt to taste
- Oil for deep frying

Method:

1. Take a mixing bowl and knead all ingredients well to make the dough firm.
2. Cover dough with a clean towel and set aside for approximately 12 minutes.
3. Make eight portions from dough, roll out into small circles, and cook each on a heated tawa (griddle).
4. Heat oil in a wok and deep-fry the cooked circles on both sides until they become golden brown.
5. Absorb extra oil with paper towels and serve immediately.

Roti of Rice Flour with Curd

Makes: 5 Rotis
Total Prep Time: 10 minutes
Ingredients:

- 2 cups rice flour
- 1/2 cup steamed rice
- 1 Tbsp garlic
- 2 chopped green chilies
- 2 Tbsp minced ginger
- 1/4 cup curd
- Salt to taste
- Oil as needed

Method:

1. Form dough with all the ingredients together in a bowl and make small circles with it.
2. Heat oil, fry them all equally from both sides, and serve hot.

Roti

Potato-Stuffed Oily Chapattis

Makes: 8-9
Total Preparation Time: 50 minutes
Ingredients:
For The Stuffing:

- 4 medium potatoes (boiled in salted water)
- 1 finely chopped onion
- 2 small finely chopped green chilies
- 1 Tbsp dried mango powder
- A handful of chopped coriander leaves
- 1 Tbsp cumin seeds
- Salt to taste
- 1/2 tsp minced garlic
- 3 Tbsp oil

For Dough:

- 3-1/2 cups wheat flour
- 1/2 Tbsp salt
- 2 tsp coconut oil
- Water for kneading

Method for Dough:

1. Place flour with salt and oil in a large bowl and knead, set aside.

For Stuffing:

1. Mash potatoes and heat oil in a wok.
2. Sauté all ingredients, and when they become slightly brown, mix potatoes and turn out into a bowl.

3. Refrigerate for half an hour.

To Make Parathas:

1. Roll dough in small portions and stuff them all, then close with all sides secure and slowly cook on both sides in a non-stick frying pan.

2. Drizzle with a little oil when they are half cooked.

3. Serve hot with your favorite dipping sauce, natural yogurt, or pickles.

Plain Bread Chapatti

Makes: 5-6
Total Preparation Time: 1 Hour and 5 minutes
Ingredients:

- 1-1/2 cups flour
- 1 cup lukewarm water
- Flour for rolling

Method:

1. Sift flour and knead with the help of water. Make smooth dough and cover with a moist cloth for half an hour.
2. Make small portions and roll them all out.
3. In a non-stick frying pan cook on both sides and press.
4. Sprinkle a little extra flour, and brush with ghee.
5. Place in airtight container using tongs.

Chewy Buttery Naan

Makes: 5-10
Total Preparation Time: 45 minutes
Ingredients:

- 2 cups water
- 3 Tbsp milk
- 2 Tbsp yogurt
- A lightly beaten egg
- 4 cups all purpose flour
- 1/2 cup whole wheat flour
- Extra flour for rolling out dough
- 2 tsp instant dry yeast
- 2 tsp sugar
- 2 tsp salt
- 3 Tbsp melted ghee

Food Processing Method:

1. Mix all the dry ingredients into a bowl, and set aside.
2. In another bowl, mix together warmed milk, and yogurt, let sit for half an hour.
3. Make a shallow well in the dry ingredients and add half of the web ingredients gradually adding more and more until the right consistency is formed. You want to be able to make ball and not have them be too sticky. Lightly grease the balls and cover them with plastic wrap for two hours.
4. Heat a cast iron pan and dust with flour. Roll each ball and cook until golden brown.
5. Brush with melted butter and keep them warm in aluminum foil.

HONDA

Biryani (Rice-based dishes):

Slow Cooked Dum Chicken and Rice

Serves: 5-6
Total Preparation Time: 2 hours and 35 minutes
Ingredients:

- 1.25 kg of clean and skinless chicken cut into pieces (about 3 pounds)
- 4 cups basmati rice
- 2 Tbsp biryani masala
- 1 pc mace
- 3 bay leaves
- 1 Tbsp of ginger, minced
- 1 Tbsp garlic, minced
- 1 cup of chopped cilantro and mint leaves, mixed and chopped
- 2 Tbsp red chili powder
- 1/2 Tbsp turmeric powder
- 2 thinly sliced and deep fried, crispy onions
- 1/3 cup coconut oil
- 1 cup natural yogurt
- 1/2 tsp kewra essence (rose water)
- 2 chopped green chilies
- Salt to taste

Method:

1. Wash and soak rice for 30 minutes.
2. Mix all spices in a bowl with yogurt.
3. Add meat to the spices and refrigerate for 2 hours, covered.
4. In a large pot, boil water and cook the rice with salt and a dash of oil. Cook until tender and most of the water evaporates. Keep in pot.
5. Cook meat in pressure cooker and when done mix into the rice.
6. Put heat on low and simmer for 5 minutes, covered, and serve.

Dum Chicken and Rice

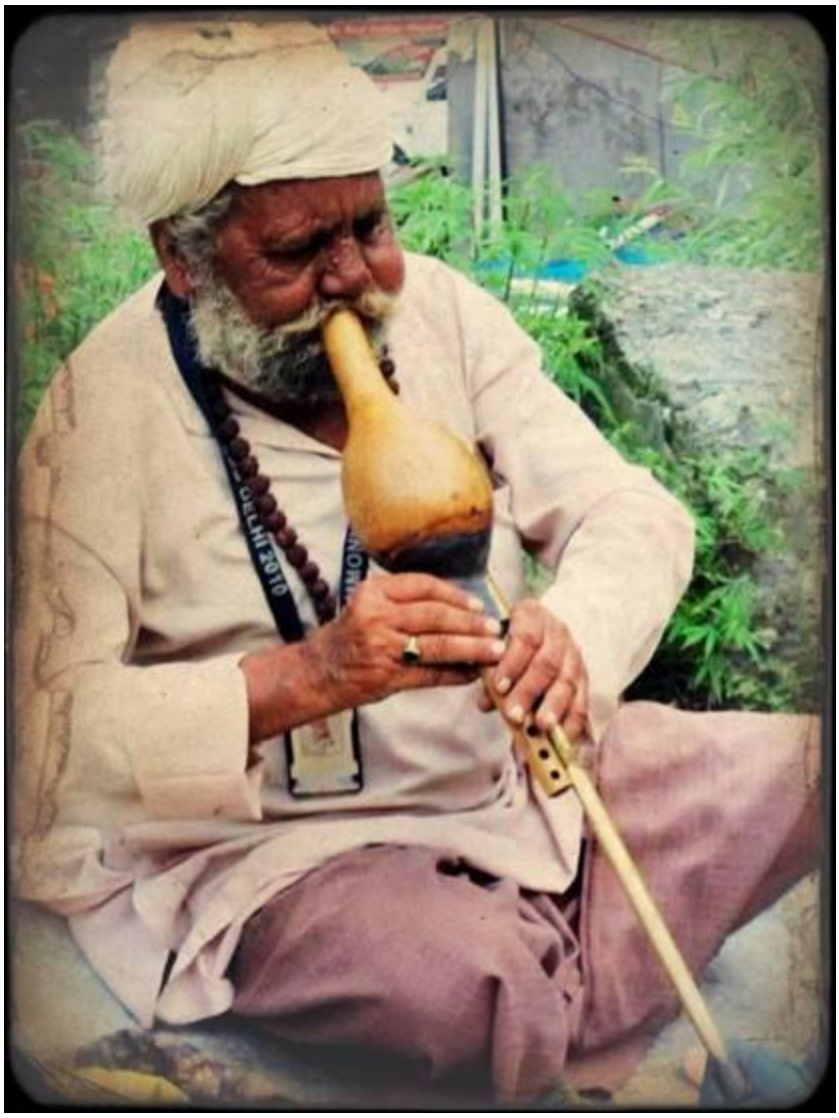
Mutton Biryani with Apricot

Serves: 3-4 **Ingredients:**
1
Total Preparation Time: 40 minutes

- /2 kg basmati rice , washed and soaked for 30 minutes
- 1/2 Tbsp saffron essence
- 1/3 cup coconut oil
- 1/2 kg mutton
- 3 chopped onions
- 1 Tbsp each of minced ginger and garlic
- 1 Tbsp black cumin seeds
- 1 Tbsp cinnamon
- 1 Tbsp cardamom
- A bunch of mint leaves
- 7 green chilies
- 1 Tbsp turmeric powder
- 2 Tbsp chili powder
- 1/2 tsp mace powder
- Salt to taste
- 1 cup chopped dried apricot soaked for at least 1 hour
- 1 cup of roasted cashew nuts and almonds

Method:

1. Cook rice with the saffron (See "Mixed Veggie Dish with Rice" recipe on page 37 for instructions on preparing the basmati rice).
2. In a pan, fry onions, garlic and ginger in heated coconut oil until golden, add mutton with all the spices. cook until meat is tender and browned. Set aside.
3. In a pan fry the apricots with a little coconut oil Let them simmer for few minutes until soft.
4. On a platter, layer the mutton on top of the rice.
5. Spread the apricot evenly over and Decorated with nuts and cashews.
6. You can also decorate with some chopped mint leaves.
7. Serve hot Possible with a fresh salad



Indian snake charmer playing his flute

Hot and Spicy Eggs with Rice

Serves: 2
Total Preparation Time: 35 minutes
Ingredients:

- 12 eggs
- 3 cups Basmati rice
- 100g ghee (or butter) or 1/3 cup of coconut oil
- 2 onions
- 1 Tbsp each of minced ginger and garlic
- 4 green chilies
- 4 grated tomatoes
- 4 cumin seeds
- 1 Tbsp turmeric powder
- 1/2 tsp ground nutmeg
- 2 tsp kewra essence (rose water)
- 1 Tbsp red chili powder
- 1-1/2 Tbsp salt
- 3 cups natural yogurt
- 1 cup fresh chopped cilantro
- 1 cup fresh chopped mint

Method:

1. Cook rice with the saffron (See "Mixed Veggie Dish with Rice" recipe on page 37 for instructions on preparing the basmati rice).
2. Boil eggs and cut into halves.
3. Warm the butter/oil in a pan and add the cumin seeds, fry for a minute and then add the onion, garlic, green chilis and ginger until golden
4. Mix with the turmeric, nutmeg. red chilli, rose water and salt, add the tomatoes and fry for 5 more minutes.
5. Remove from heat and let it cool.
6. Mix in the yogurt. Put the eggs in the gravy and set aside.
7. On a platter, layer the eggs with the yogurt gravy on top of the rice.
8. Decorate with cilantro and mint.

Basmati Rice and Prawns

Serves: 4-5
Total Preparation Time: 55 minutes
Ingredients:

- 1 kg prawns (about 2 pounds)
- 3 cups Basmati rice
- 1 tsp saffron
- 3 chopped onions
- 1 Tbsp each of minced ginger and garlic
- 4 green chilies
- 4 grated tomatoes
- 1/2 tsp Fennel Seeds
- 1 tsp Turmeric powder
- 1/2 Tbsp red chili powder
- 1 Tbsp Coriander powder
- 1 Tbsp Garam Masala
- 1 tsp Cumin powder
- 1 tsp cinnamon
- Salt to taste
- 100g ghee/butter or 1/3 cup coconut oil
- 1/2 cup chopped coriander leaves
- Juice of a lemon

Method:

1. Prepare rice with saffron (See "Mixed Veggie Dish with Rice" recipe on page 37 for instructions on preparing the basmati rice).
2. Clean prawns , wash in water and dry.
3. Warm the butter/oil in a pan and add the fennel seeds, fry for a minute and then add the onion, garlic, green chilis and ginger until golden.
4. Mix with the turmeric, red chilli, coriander powder, garam masala, cumin, cinnamon and salt, add the tomatoes and fry for 5 more minutes.
5. Add the prawns to the gravy and cook on low heat for 10 minutes.
6. in a pot , layer half the prawns masala than half of the rice.
7. on top of it layer the other half of the prawns masala and than the other half of the rice.
8. add the coordinate leaves on top.

9. Close the lid very tightly and cook on low-medium heat for 15 minutes.
10. serve with a little lemon juice on top, you can decorate the dish with a little coordinate leaves on top.

Mixed Spices & Vegetables

Serves: 2-3
Total Prep Time: 1 hour and 5 minutes
Ingredients:

- Basmati rice
- 1/2 cup oil
- 1 Tbsp mixed whole spices
- 1 cup yogurt
- 1/2 cup onion, finely chopped
- 4 tsp chili powder
- 2 tsp fresh coriander powder
- 1 Tbsp each minced ginger and garlic

- 1/3 cup chopped coriander leaves
- 1/4 cup fresh mint leaves, chopped
- 7 whole green chilies, chopped
- A diced carrot
- A diced potato
- 2 diced bell peppers
- 1/3 cup peas
- 1 cup cauliflower florets
- 3 chopped tomatoes
- 6 French beans (cut into pieces)
- 1 tsp kewra (rose water)
- 1/3 cup milk

Method:

- Prepare rice (See “Mixed Veggie Dish with Rice” recipe on page 37 for instructions on preparing the basmati rice).

1. Sauté the onions in in a little oil until golden brown, and the ginger and garlic, sauté a minute more.
2. Add whole spices, tomatoes, chili, mint, and mix well.
3. Add veggies and yogurt and cook until the oil separates and the vegetables are tender.
4. Place half of the cooked rice in the bottom of a large and wide pan. Layer vegetable mixture, then the remaining rice, then put mint leaves on top, green chilies, rose water, milk and finally the chopped coriander as garnish.

About the author:

My name is Shira. I am a mother and wife.

Throughout the years, I have enjoyed exploring various international countries:

India, Nepal, Thailand, Morocco, the Middle East, Greece, Spain, the Balkans, and others

My passion and curiosity to fully appreciate the heart and soul of the people and their culture within each and every country always seemed to lead me straight to their kitchen.

No matter the cultural or language barrier, within any kitchen walls there I found a connection to the people, their culture, and my love of cooking authentic international cuisine.

I am so excited to share my experience with my readers. For those wanting to experience the aroma of authentic herbs and spices, the markets, the colorful dishes and of course the unforgettable flavors.

Enjoy the culinary journey!

I hoped you enjoyed the book!

If you did, please rate it on Amazon and give positive feedback!

Wishing you a delicious and spiritual journey,

Shira Barak

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